

Rehab and Clinical Exercise Group Timetable 29/1 - 3/2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:40 am		Clinic Exercise Group Isabel Thomas		Clinical Exercise Group Riley Hamilton		
7:30 am		Body and Brain Rehab Isabel Thomas		Body and Brain Rehab Riley Hamilton		
8:20 am	Independent Rehab	Independent Rehab	Independent Rehab	Independent Rehab	Independent Rehab	
9:10 am	Clinical Exercise Group Ella Henderson	Clinical Exercise Group + Safe Haven Isabel Thomas	Clinical Exercise Group Ella Henderson	Clinical Exercise Group + Safe Haven Annemarie van der Meulen	Clinical Exercise Group Ella Henderson	Clinical Exercise Group Bella Fraser
10:00 am	Body and Brain Rehab Ella Henderson		Clinical Exercise Group + Safe Haven Ella Henderson	Body and Brain Rehab Annemarie van der Meulen	Body and Brain Rehab Ella Henderson	
10:30 am					Hydrotherapy Warragul Leisure Centre Riley Hamilton	
11:00 am		Body and Brain Rehab Isabel Thomas	Body and Brain Rehab Ella Henderson	Body and Brain Rehab Annemarie van der Meulen	Body and Brain Rehab Ella Henderson	Independent Rehab
11:00 am		Hydrotherapy Warragul Leisure Centre Riley Hamilton				
12 noon	Independent Rehab	Independent Rehab (11:45am)		Independent Rehab	Independent Rehab (11:45am)	
1:15 pm					Body and Brain Rehab Richard Biss	
2:00 pm	Body and Brain Rehab Richard Biss	Body and Brain Rehab Riley Hamilton	Body and Brain Rehab Richard Biss	Body and Brain Rehab Riley Hamilton	Body and Brain Rehab Richard Biss	
2:45pm	Body and Brain Rehab Richard Biss					
5:10 pm		Body and Brain Rehab Jake Horstman	Clinical Exercise Group Riley Hamilton	Body and Brain Rehab Jake Horstman		
6:00 pm	Body and Brain Rehab Riley Hamilton	Clinical Exercise Group Annemarie van der Meulen	Body and Brain Rehab Riley Hamilton	Body and Brain Rehab Jake Horstman		
6:50 pm	Clinical Exercise Group Isabel Thomas	Body and Brain Rehab Jake Horstman		Clinical Exercise Group Helen Lowe		

To book classes:

Call: 5623 3306 Online: www.throughlifephysio.com.au

Clinic and Class Location:

100 Brandy Creek Road Warragul

Rehab and Clinical Exercise Group Timetable 5/2 - 17/2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:40 am		Clinic Exercise Group Isabel Thomas		Clinical Exercise Group Riley Hamilton		
7:30 am		Body and Brain Rehab Isabel Thomas		Body and Brain Rehab Riley Hamilton		
8:20 am	Independent Rehab	Independent Rehab	Independent Rehab	Independent Rehab	Independent Rehab	
9:10 am	Clinical Exercise Group Kelly Joyce	Clinical Exercise Group + Safe Haven Isabel Thomas	Clinical Exercise Group Ella Henderson	Clinical Exercise Group + Safe Haven Annemarie van der Meulen	Clinical Exercise Group Ella Henderson	Clinical Exercise Group Bella Fraser
10:00 am	Body and Brain Rehab Kelly Joyce		Clinical Exercise Group + Safe Haven Ella Henderson	Body and Brain Rehab Annemarie van der Meulen	Body and Brain Rehab Ella Henderson	
10:30 am					Hydrotherapy Warragul Leisure Centre Riley Hamilton	
11:00 am		Body and Brain Rehab Isabel Thomas	Body and Brain Rehab Ella Henderson	Body and Brain Rehab Annemarie van der Meulen	Body and Brain Rehab Ella Henderson	Independent Rehab
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1:15 pm					Body and Brain Rehab Richard Biss	
2:00 pm	Body and Brain Rehab Richard Biss	Body and Brain Rehab Riley Hamilton	Body and Brain Rehab Richard Biss	Body and Brain Rehab Richard Biss	Body and Brain Rehab Richard Biss	
2:45pm	Body and Brain Rehab Richard Biss					
5:10 pm		Body and Brain Rehab Jake Horstman	Clinical Exercise Group Riley Hamilton	Body and Brain Rehab Richard Biss		
6:00 pm	Body and Brain Rehab Riley Hamilton	Clinical Exercise Group Annemarie van der Meulen	Body and Brain Rehab Riley Hamilton	Body and Brain Rehab Richard Biss		
6:50 pm	Clinical Exercise Group Isabel Thomas	Body and Brain Rehab Jake Horstman		Clinical Exercise Group Helen Lowe		

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Clinic and Class Location:

100 Brandy Creek Road Warragul

Rehab and Clinical Exercise Group Timetable 19/2 - 29/3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:40 am		Clinic Exercise Group Isabel Thomas		Clinical Exercise Group Riley Hamilton		
7:30 am		Body and Brain Rehab Isabel Thomas		Body and Brain Rehab Riley Hamilton		
8:20 am	Independent Rehab	Independent Rehab	Independent Rehab	Independent Rehab	Independent Rehab	
9:10 am	Clinical Exercise Group Kelly Joyce	Clinical Exercise Group + Safe Haven Isabel Thomas	Clinical Exercise Group Ella Henderson	Clinical Exercise Group + Safe Haven Annemarie van der Meulen	Clinical Exercise Group Ella Henderson	Clinical Exercise Group Bella Fraser
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2:45pm	Body and Brain Rehab Richard Biss					
5:10 pm		Body and Brain Rehab Annemarie van der Meulen	Clinical Exercise Group Riley Hamilton	Body and Brain Rehab Richard Biss		
6:00 pm	Body and Brain Rehab Riley Hamilton	Clinical Exercise Group Annemarie van der Meulen	Body and Brain Rehab Riley Hamilton	Body and Brain Rehab Richard Biss		
6:50 pm	Clinical Exercise Group Isabel Thomas	Body and Brain Rehab Annemarie van der Meulen		Clinical Exercise Group Helen Lowe		

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Information on Group Exercise

Clinical Exercise Group

Individualised levels - the perfect exercise for:

- Improving posture
- Strengthening core
- Pelvic Floor Rehab
- Pregnancy and birth preparation
- Postnatal recovery
- Osteoporosis, balance and falls prevention

6 patients : 1 Physio

Clinical Pilates Equipment

45 minute group



Body and Brain Rehab

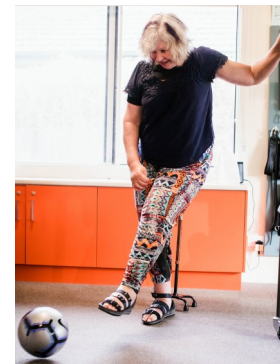
Rehabilitation exercises specifically and uniquely prescribed for your goals of:

- Back Pain Management
- Neurological Rehab
- Chronic Pain Management
- Post-Op Rehab
- Injury/Pain Rehab

3 patients : 1 Physio

Clinical Pilates Equipment

45 minute group



**Through
Life
Physiotherapy**

Caring | Empowering | Achieving

Independent Rehab

(Physio must approve)

The ideal exercise for those who:

- Have mastered a Rehab program
- Live with chronic pain
- Have a long term health condition
- Love exercising on Clinical Pilates equipment

3 patients who can work independently

Clinical Pilates Equipment

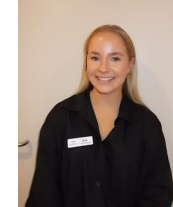
45 minute group



Safe Haven

- Free at selected Clinical Exercise Groups.
- Exercise together when your child needs to connect with you.
- A wonderful play space for your child.
- We care for your children while you exercise.
- Parents remain responsible for changing nappies and taking children to the toilet.

Please note, anyone is welcome to attend these classes even without children.



| Helen Lowe Physio | | Kelly Joyce Physio | | Richard Biss Physio | | Jake Horstman Physio | | Annemarie van der Meulen Physio | | Riley Hamilton Physio | | Ella Henderson Physio | | Isabel Thomas Physio | | Ilona Adebahr AHA | Bella Fraser AHA

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